

Getting to Know My Body's Signals

Let's get to know our sensational senses. Take a deep breath, and then pay attention to what you feel in your body.



Slow



Buzzing



Fast



Heavy

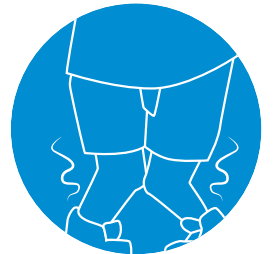


Jumpy

My Energy



Tired



Shaky



Focused



Wiggly



Relaxed



Calm



Awake



Alert

Circle what you are sensing in these different parts of your body. You might feel something in between...just mark it with an X. There are no wrong answers! Your only job is to get to know your body's signals a little better.

My Breathing



Deep into my belly — Shallow in my chest



Slow — Quick



My Heartbeat



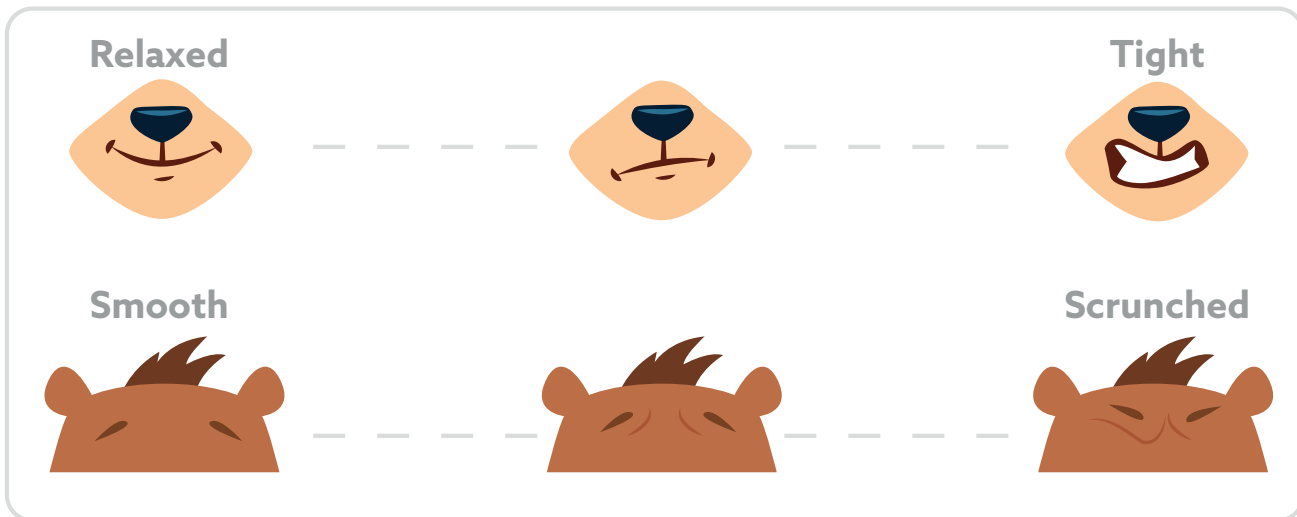
Soft — Pounding



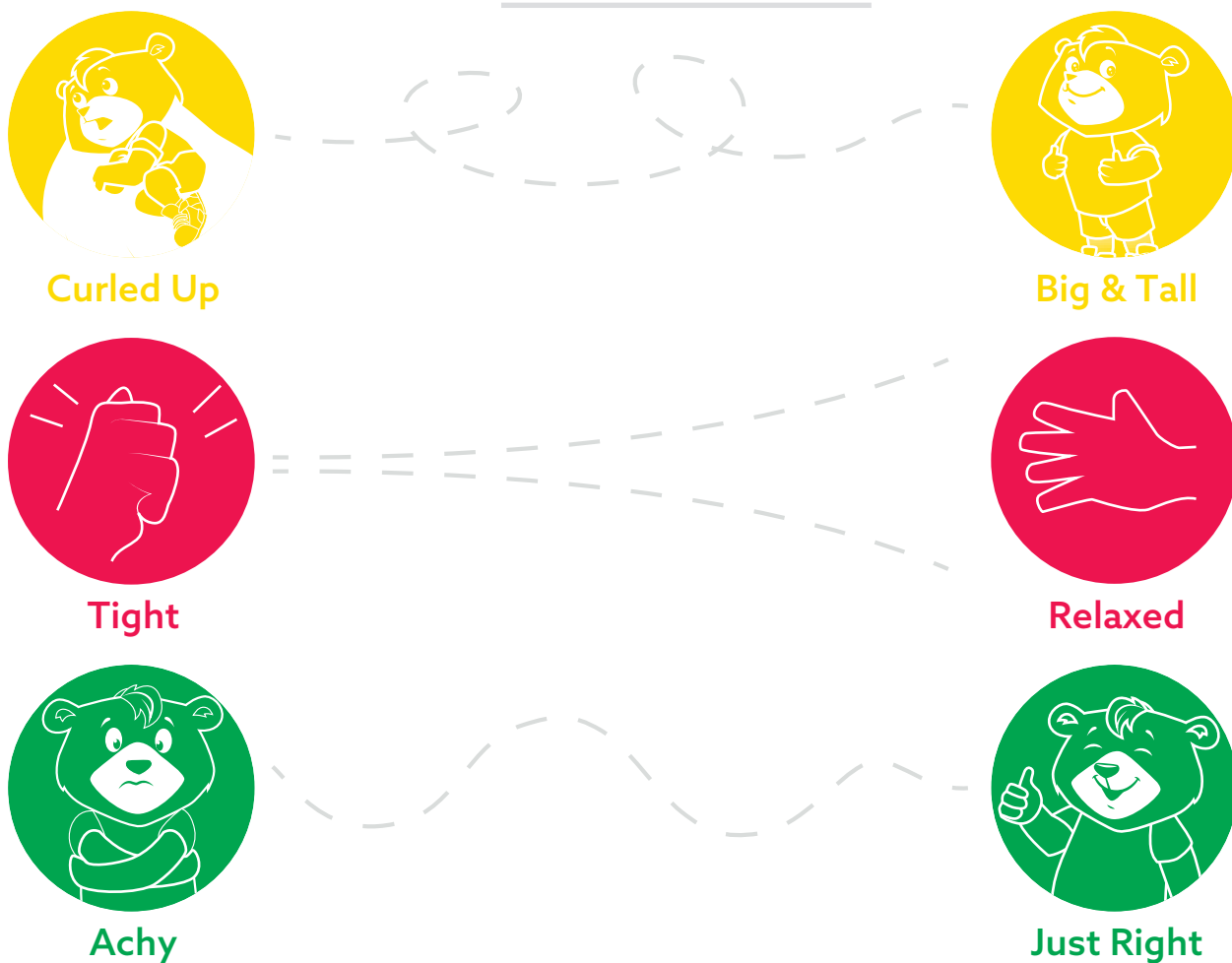
Slow — Fast



My Face



My Muscles and Body



My Temperature



My Belly



Soft ————— Tight



Full ————— Hungry



Relaxed ————— Queasy



Calm ————— Mixed-Up

Draw a circle around 3-5 feelings you *like* to feel.

Draw a square around 3-5 feelings you *do not* like to feel.

Happy



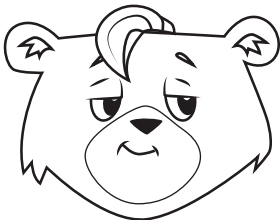
Mad



Bored



Relaxed



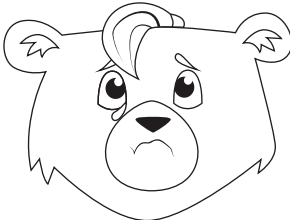
Frustrated



Confused



Sad



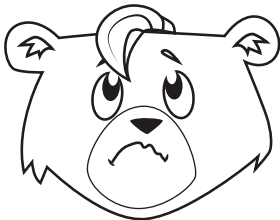
Scared



Tired



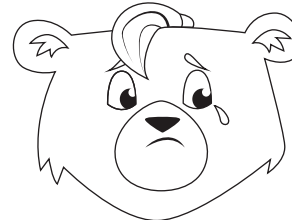
Disappointed



Nervous



Lonely



Confident



Loved



Shades of Mad

One color can have many different shades. The same is true with emotions! Let's explore some shades of mad!

Circle a feeling from the list below that you have experienced in the last week. Let's be sensation detectives again. Think about what clues your body was giving you about that feeling. Write or draw any sensations you can remember.

FURIOUS

FRUSTRATED

GRUMPY

ANGRY

CRANKY

ANNOYED

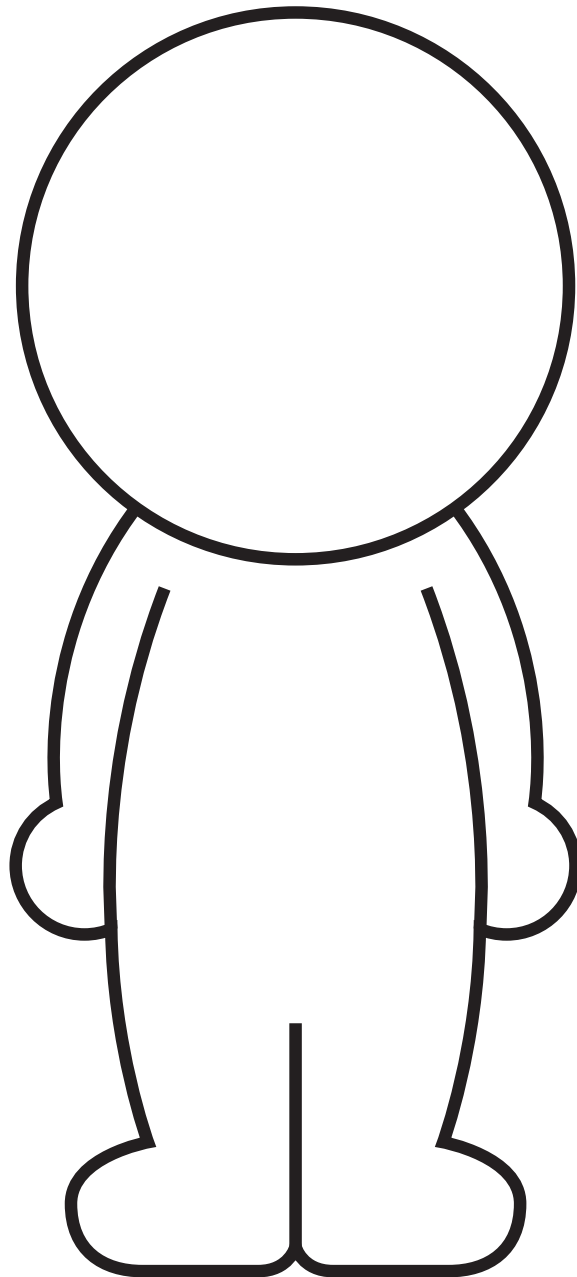
ENRAGED

BOTHERED

IRRITATED

CROSS

ON EDGE



My Feelings Thesaurus with Riley the Brave

Feelings, Feelings, and MORE FEELINGS

Mad

Annoyed
Grumpy
Frustrated
Cranky
Angry
Gross
Enraged
Furious

Sad

Disappointed
Bored
Empty
Numb
Hurt
Blue
Powerless
Down

Scared

Nervous
Shy
Embarrassed
Shaky
Tense
Worried
Trapped
Terrified
Anxious

Peaceful

Trusting
Safe
Relaxed
Calm
Focused
Gentle

Happy

Proud
Thrilled
Glad
Excited
Playful
Grateful
Silly

More Feelings

Confused
Lonely
Overwhelmed
Left Out
Unsafe
Jealous
Awkward
Ignored
Ashamed
Loved
Confident
Hopeful
Loving
Important



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